OTTAWA metro®

NEWS WORTH SHARING.

LIVE 88·5fm

Plant power

Forget detox. Recipes to boost your immunity this winter. PAGE 12

LOCAL TEEN INKS RECORD DEAL

Ottawa singer Michelle Treacy poses at Sony Music Canada's headquarters in Toronto. The 18-year-old, who made headlines last July when she was called up on stage to sing with Lady Gaga at a concert in Montreal, has signed a recording contract with the record label. Story, page 5. FACEBOOK

Police called over Twitter parody account

Social media. Tweets 'threatening,' 'not helpful': Chelsea mayor

The mayor of Chelsea, Que., doesn't see the humour in a new parody Twitter account, but she may have the last laugh.

Someone created a satirical Twitter feed using Caryl Green's photo and name to jokingly tweet about Chelsea politics.

Green reported it to Twitter and the MRC des Collines-de-l'Outaouais police, at the recommendation of city staff.

"There's nothing clear that it's a parody because it is so close to my own Twitter account," she said. "We just feel that we created that account to help communicate, for example, road closures for the infrastructure project and things like that."

The biography for the Twitter page does state it's a parody. Green said that's not clear enough.

According to Twitter parody rules, the fake account must not have the same photo or logo as the target, nor must it have the exact name as the person being mocked.

Green said the account was sometimes "threatening" because it tweeted a drawing of a person's head and razor blade with blood.

The photo in question is a drawing that depicts a person with a blank face cutting open their own eyes and the phrase, "Sometimes, opening your eyes may be the most painful thing you ever have to do."

Many of the tweets are about Chelsea's controversial water and sewer infrastructure project. Green said some people may still be against that council decision, but that the parody account is "not helpful to the whole conversation."

On Friday, the real Green sent a tweet denouncing the parody account and Gatineau Mayor Maxime Pedneaud-Jobin retweeted it.

Since then, the mocking tweets have stopped.

LUCY SCHOLEY/METRO

Get Yourself Lost Without Getting Yourself Lost

RAV4

TOYOTA

toyota.ca

TUESDAY, JANUARY 27 TO THURSDAY, JANUARY 29

UP TO 75% OFF

WOMEN'S CLEARANCE FOOTWEAR

when you take an extra 50% off our last ticketed prices.

***UP TO 70% OFF* CLEARANCE FASHION, FOOTWEAR and ACCESSORIES FOR MEN, KIDS and BABIES**
Prices as ticketed.

***UP TO 60% OFF* WOMEN'S CLEARANCE FASHION, DRESSES and SUIT SEPARATES IN OUR DRESS & SUIT DEPARTMENTS, LINGERIE, HOSIERY, SLEEPWEAR, ROBES and SLIPPERS**
Prices as ticketed.

***UP TO 50% OFF* CLEARANCE BED and BATH COLLECTIONS**
Prices as ticketed.

For the above offers, see below for exclusions.

***$10 MILLION INVENTORY CLEARANCE* OF DISCONTINUED FURNITURE, MATTRESSES and MAJOR APPLIANCES**

UP TO 65% OFF select End-of-Line mattresses by SEALY and SERTA
Selection varies by store.

TOPSHOP & TOPMAN
UP TO 60% OFF fall and winter merchandise
Off our regular prices. Prices as ticketed.

$49.99
Women's LORD & TAYLOR cardigans, crewneck, V-neck and turtleneck sweaters
Reg. $159 to $179

70% OFF
LORD & TAYLOR Colour Palettes
While quantities last.

50% OFF
Women's coats and cold-weather accessories
In our outerwear and accessories departments.
See below for exclusions.

40% OFF
Women's sleepwear and robes by DANSKIN, JONES NEW YORK, JASMINE ROSE and CLAUDEL
Excludes items with 99¢ price endings.

40% OFF
Boxed bras and briefs by WARNER'S and WONDERBRA
Reg. $15 to $43.75
Sale $9 to $26.25

UP TO 60% OFF
Select luggage by SAMSONITE, TRAVELPRO, DELSEY, RICARDO BEVERLY HILLS, LONDON FOG, HEYS and TOMMY HILFIGER
Excludes items with 99¢ price endings.

UP TO 50% OFF FURNITURE
Excludes EQ3.

50% off
$1499
Reg. $2999
LAKE COMO 88" Italian-tanned leather sofa in coffee
Made in Canada.

30% OFF
Bedding collections by GLUCKSTEINHOME, DISTINCTLY HOME and HOTEL COLLECTION

Featured: GLUCKSTEINHOME Harlow queen duvet cover.
Reg. $259.99 **Sale $181.99**

50% OFF
Pillows and duvets by GLUCKSTEINHOME and LAUREN RALPH LAUREN

HUDSON'S BAY

SHOP THEBAY.COM

Savings for all offers are off our regular prices, unless otherwise specified. **Women's clearance footwear:** Excludes Jacques Vert, Precis Petite, Windsmoor, Planet, Planet London, BCBGMAXAZRIA and Dept 875 Designer Collections; See in store for details. **Women's clearance fashion** excludes TFNC and The Room. **Women's outerwear in our outerwear department** excludes New Spring Arrivals, Fur Salon and items with 99¢ price endings. **Women's cold-weather accessories in our accessories department** excludes New Spring Arrivals, Lauren Ralph Lauren, Lord & Taylor Cashmere, Polo Ralph Lauren, Kate Spade New York, Marc by Marc Jacobs, T&C Theodora and Callum, Havaianas, Burberry, Coach, Lord & Taylor gift box sets and items with 99¢ price endings.

Lawyer accuses Scotiabank of racially profiling him

Dispute. Gideon Christian says 'last straw' was when he was notified all his accounts would be closed without explanation

LUCY SCHOLEY
lucy.scholey@metronews.ca

A Nigerian-born Ottawa lawyer says he was shocked when Scotiabank suddenly decided to cancel his accounts.

Gideon Christian boils it down to racial profiling he claims dates back to 2006.

That's when the now-dual Canadian-Nigerian citizen first moved to the country to study for his master of laws at the University of Ottawa. He has since obtained his doctorate and teaches part time at the school.

Christian says the Scotiabank Vanier branch "reluctantly agreed" to open U.S. and Canadian chequing, savings and credit-card accounts with him back then. But when he went to deposit money, he says, he faced questions about how he obtained the funds.

Another time, he says he withdrew funds from his U.S. account to exchange them for Canadian currency elsewhere at a better rate. But when he returned with the cash that same day, he faced more questions about where it came from.

He switched to the Rideau branch and there they accidentally credited his U.S. account $7,000 US higher than it should have been. So he notified the bank.

The "last straw," he says, was when Scotiabank sent a letter dated Dec. 2, 2014, telling him it would close all four of his accounts by Jan. 9, 2015. There was no explanation, he says.

"It's been quite a headache. It's not just one incident. It's a combination of lots of incidents," he said. "One alone is bad enough, but when it just continues to happen over and over, it's terrible."

Something that surprised him, he says, was that a representative later told him Nigerian wire transfers are "high risk."

"If Nigeria is a high-risk country, I would prefer to be treated as an individual and not part of any ugly statistic," he said.

A Scotiabank representative sent a statement to Metro about Christian's situation. It says the institution treats every customer "fairly and with respect regardless of race, national or ethnic origin, gender, colour, sexual orientation, or religion."

"When the matter was first raised with us, we investigated Mr. Christian's claims and we apologize for any mixed messages that Mr. Christian may have received while we conducted our investigation," it reads.

Officials tried to work with Christian to find a solution, it continues, including moving his business matters into a business account and transferring his funds to a new branch.

Christian has moved his funds to CIBC, the institution that handles his mortgage.

Ottawa lawyer Gideon Christian says Scotiabank suddenly cancelled his accounts without any explanation.
CONTRIBUTED

OUR BEST PLAN EVER

The Cross-Canada Plan $44/month

- Unlimited Data
- Unlimited Canada & US Talk
- Unlimited Global Text
- International Calling from 1¢/min
- Voicemail+
- Credits to use your phone across Canada

OFFER ENDS SOON

WIND
true mobile freedom

Offer is valid as of November 2014 and are subject to change or cancellation without notice. All unlimited plan features are from anywhere on our network, otherwise long distance and roaming rates apply. The monthly service credits are applicable only for pay-per-use charges and monthly add-ons and are not valid toward your monthly plan fees (that is, the $44/month plan fee), the cost of devices, or accessories. Any unused monthly credits will be forfeited and may not be carried over to the next month. The applied credits from this promotion may not be used toward the *WIND Phone Protection Program*. WIND may, from time to time, and without notice, determine that certain add-ons are not eligible for credits. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Learn more at WINDmobile.ca. Motorola is a registered trademark of Motorola Trademark Holdings, LLC. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecommunicazioni S.p.A and are used under license in Canada by Globalive Wireless Management Corp. © 2014 WIND Mobile

Michelle Treacy inks deal with Sony Music

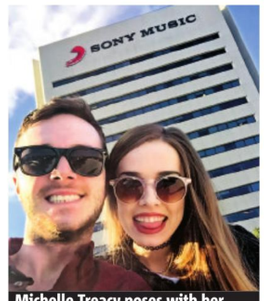
Singer-songwriter. 'When people tell me I can't do things it makes me push harder,' says Ottawa teen

SEAN MCKIBBON
sean.mckibbon@metronews.ca

Michelle Treacy says it's the hardest secret she's ever tried to keep.

Last Thursday, the 18-year-old Ottawa indie pop singer, who says she used to write in her dream journal that she wanted to sign a record deal with Sony Music, did just that by inking a contract with Sony Music Canada.

She let the cat out of the bag on her Facebook page though, writing: "Sitting in my hotel room all alone in disbelief. Today is the day my childhood dreams came true, the day everything I've worked for became my reality. I've been keeping a huge secret for a while now, I don't really know how to say this, I can't believe I can actually say this ... I am now officially a Sony Music recording artist. Work hard for your dreams, use rejection to push you harder, never stop, because one day you will have it all. Believe in yourself & have no doubts. SO GRATEFUL. #REBEL — feeling emotional."



Michelle Treacy poses with her older brother and biggest fan, Matthew. CONTRIBUTED

Treacy says she's been working toward the goal her whole life, going to concerts with her older brother Matthew, honing her musical and writing talents, and even making headlines last July when she was invited on stage in Montreal to sing a duet with Lady Gaga.

"She's definitely been a great teacher along the way and definitely appreciate her for that and I'll always be a fan," said Treacy.

Gaga's independent spirit taught her to keep following her goals, she said. "Even when people told me I was no good and I would never make it, just making sure I never stopped."

Two years ago she signed a deal with a U.S. management company and a single she released late last year, entitled We Want It All, caught the attention of Sony.

She says she can't say much about the details of the contract, but said it means she's going to be going into a recording studio and "writing a lot."

Glowing giant soccer ball of destiny

A light sculpture entitled Colourful Motion by artists Adrian Bica and Dimitri Karopoulos is part of the public art exhibit Ready, Set..., which will be displayed at Confederation Park and celebrates sport in Canada including the FIFA 2015 Women's World Cup. SEAN MCKIBBON/METRO

You're our reason to celebrate.

Join us for Client Appreciation Day Friday, January 30th.

Enter for a chance to WIN* one of two 500,000 Aventura points prizes. Enough to fly almost anywhere in the world.

Visit us on Facebook or Twitter and tell us where in the world the penguin is. Enter daily from **Jan 26th to Jan 30th**.

#CIBCAppreciation

CIBC

*NO PURCHASE NECESSARY. Contest open January 26, 2015 to January 30, 2015 to legal residents of Canada who have reached the age of majority. Two (2) prizes available: 500,000 Aventura® points each (ARV $5,000 - $11,450, depending on reward options selected at the time of redemption). Odds depend on skill in selecting the correct destination and total number of eligible entries received. Internet and math skill-test required.
Full rules: https://www.cibc.com/client-appreciation-day-contest

‘He would want us to throw ourselves into the things that bring us joy’

Mountie shootings. More than 1,300 Mounties, local law enforcement gathered to pay their respects to slain Const. David Wynn

The sister of an Alberta Mountie told mourners at his funeral Monday that he would want them to live life the way he did — with joy, passion and with every effort to make the world a better place.

“He would want us to throw ourselves into the things that bring us joy and to do it for him. He would want us to follow our hearts ... he certainly did that,” Mona Wynn said in her eulogy before thousands at a recreation centre in St. Albert, Alta.

“David would want us to forgive. He was a peaceful man. He didn’t have the time to even notice a grudge much less hold one.”

Const. David Wynn, 42, died last Wednesday, four days after he and auxiliary Const. Derek Bond were shot during a struggle with a suspected car thief at a casino in St. Albert. He was shot in the head and never regained consciousness.

The shooter, career criminal Shawn Rehn, killed himself hours later.

Wynn’s sister remembered her brother as a person who brought enthusiasm to everything he did be it scuba diving, swimming, fly fishing, spending time with his family or serving his community.

“Over the past 10 days, there has been such an outpouring of stories about Dave and obvious love for him from the people that he has touched that I have realized he was far more than I ever imagined,” she said.

“Dave was an ordinary man with an extraordinary capacity to make the world a better place for everyone around him.”

Shelly MacInnis-Wynn, the wife of slain RCMP Const. David Wynn, and a family member lay flowers on the officer’s casket on Monday during his funeral in St. Albert, Alta. Hundreds of spectators, who were encouraged to wear red, lined the parade route and waved large Canadian flags in Wynn’s honour. JASON FRANSON/THE CANADIAN PRESS

Hundreds of spectators, who were encouraged to wear red, lined the procession route under sunny skies and unseasonably warm temperatures. Many were holding Canadian flags and one giant flag was strung from the erected ladder of a fire truck.

Laredo Nault, 14, travelled from Legal, Alta., with a quilt emblazoned with the quote: No greater love than to give one’s life for another.

“It kind of popped up in our minds — an officer gave his life away to protect our country and I think that quote represents it,” said Nault.

Wynn is survived by his wife, Shelly and his three sons, Matt, Nathan and Alex.

THE CANADIAN PRESS

Funeral service

A man’s life remembered

A riderless horse, a pair of brown boots turned backward in the stirrups, led a black hearse carrying Wynn’s coffin to the funeral service.

The procession included 860 Mounties in their traditional red serge and 450 officers from the municipal police force in nearby Edmonton. The Mounties came from across Canada and from as far away as Newfoundland and Nunavut. A handful made the trip from Bridgewater, N.S., where Wynn served as a paramedic.

The flags at the Alberta legislature flew at half-mast from sunrise to sunset.

THE CANADIAN PRESS

LEARN FRENCH
CLIC EN LIGNE
Cours de langue pour immigrants au Canada
SPEAKING FRENCH IS EASY AND USEFUL;
LEARNING IT, IS FREE!
CLIC EN LIGNE
For a better social inclusion and to improve your chances of finding a job!
The CLIC en ligne program offers immigrants online French language courses covering useful topics to facilitate your integration into the Canadian society.
Learn French
• At your own pace;
• When you want;
• Where you want.
Contact information
www.clicenligne.ca
info@clicenligne.ca
613-742-2493, ext. 2115
All you need is a computer with an Internet access!
Financé par : Citoyenneté et Immigration Canada
Funded by: Citizenship and Immigration Canada
Visit our website to learn more about the program and the eligibility criteria.
LA CITÉ
LE COLLÈGE D’ARTS APPLIQUÉS ET DE TECHNOLOGIE

Feds appearing warm to update of costly First Nations food program

It appears the Conservative government is open to the idea of changing the way it tries to offset the high cost of food in the North.

The department that oversees the beleaguered Nutrition North program has posted a notice of proposed procurement, asking for someone to come up with different ways of providing northerners with the federal food subsidy.

The notice, posted Monday, did not elaborate on the nature of any possible changes to Nutrition North.

Nutrition North — which replaced the old Food Mail program in 2011 — is intended to help defray the cost of nutritious food in the North.

The price of a jug of orange juice is listed at a grocery store in Iqaluit in December 2014. THE CANADIAN PRESS

But the $60-million annual food subsidy — to which the government recently added another $11.3 million for the program’s 2014-15 budget and a five per cent annual escalator in future years — has been under scrutiny ever since auditor general Michael Ferguson’s fall report in November.

The audit revealed that Aboriginal Affairs is largely in the dark about whether Nutrition North actually does anything for those who need it the most.

Aboriginal Affairs told Ferguson’s team it has looked at expanding the full subsidy to around 50 fly-in northern communities, but doing so would increase the cost of the program by $7 million a year.

THE CANADIAN PRESS

Military

Special forces stop two ISIL offensives

Canadian special forces and Islamic State of Iraq and the Levant (ISIL) extremists engaged in two new firefights, with Canadian troops neutralizing their attackers. This adds fuel to an already burning political debate as Parliament reconvenes, a central topic being the parameters of Canada’s Iraq mission. THE CANADIAN PRESS

Transgender rights

Inmates’ identities get equal footing

Transgender inmates in Ontario will now be dealt with based on their own gender identity, not their physical sexual traits. The policy builds on interim guidelines put in place last April. Ontario Human Rights commissioner Barbara Hall says this helps protect the rights of trans people. THE CANADIAN PRESS

Employment

Feds may be ready to talk internships

The parliamentary secretary to Labour Minister Kellie Leitch is meeting this week with various stakeholders about unpaid interns: “This is the first time that we’ve heard from the federal government on this; they’ve been completely silent until now,” said Claire Seaborn of the Canadian Intern Association. THE CANADIAN PRESS

Terror. ISIL praises Zehaf-Bibeau's attacks in Ottawa

The spokesman for the Islamic State of Iraq and the Levant (ISIL) group has praised the gunman who killed a Canadian soldier at the National War Memorial in October and is calling on Muslims living in Western countries to carry out attacks.

The spokesman says any loyalist who has the opportunity to "shed a drop of blood" should do so.

Abu Mohammed al-Adnani, in a nine-minute audio recording released Monday, praised recent attacks in Australia, Belgium and France — where gunmen killed 12 people in an assault on the Paris office of Charlie Hebdo magazine.

He also praised the gunman who shot and killed an unarmed sentry at the War Memorial in Ottawa on Oct. 22 and then stormed Parliament Hill's Centre Block before being killed by security forces, saying: "You all saw what one Muslim did in Canada and its infidel parliament."

Michael Zehaf-Bibeau's killing of Cpl. Nathan Cirillo came just two days after another attack by a man with known jihadist sympathies who ran down Warrant Officer Patrice Vincent in Quebec.

The attacks ignited a debate on homegrown terrorism in Canada. THE ASSOCIATED PRESS

Legislation

The federal government is expected to introduce legislation soon to crack down on suspected terrorists and those who openly encourage them.

Security. Drone flight over White House raises fears

A small drone flying low to the ground crashed onto the White House grounds before dawn Monday, triggering a major emergency response and raising fresh questions about security at the presidential mansion. A man later came forward to say he was responsible and didn't mean to fly it over the complex.

The man contacted the Secret Service after reports of the crash spread in the media, a U.S. official said. The man told the agency that he had been flying the drone recreationally. The man is a Washington resident and is co-operating with investigators.

Secret Service agents are now interviewing other people to corroborate the man's story and don't currently have any reason to doubt the man's account, the official said.

Although President Barack Obama was not at home, the security breach prompted a lockdown of the entire complex until officials could examine the drone.

The drone crashed on the southeast side of the White House grounds just after 3 a.m., Secret Service spokesman Brian Leary said.

The device was described as a two-foot-long quadcopter — a commercially available unmanned aircraft that is lifted by four propellers. Many small quadcopters are essentially sophisticated toys that can also be useful for commercial operations like aerial photography and inspections. THE ASSOCIATED PRESS

Guerrilla warfare

43 Filipino police killed in battle

At least 43 Philippine police commandos were killed in a battle with Muslim guerrillas after launching an assault in which they may have killed one of Southeast Asia's most-wanted terrorists, officials said Monday.

The clash Sunday may have resulted from the commandos' failure to follow the terms of a ceasefire with the guerrillas by notifying them of their presence in the area, a rebel leader said. THE ASSOCIATED PRESS

Rev. Libby Lane

Male-only leadership ends in Church of England

The male monopoly in the leadership of the Church of England ended Monday, as the 500-year-old institution consecrated its first female bishop.

The Rev. Libby Lane became the eighth Bishop of Stockport in a service at York Minster. Her consecration comes after the church ended a long and divisive dispute by voting last year to allow women to serve as bishops. THE ASSOCIATED PRESS

A man strolls on a walking path Monday at Liberty State Park, with the Statue of Liberty in the distance, in Jersey City, N.J. The Philadelphia-to-Boston corridor of more than 35 million people began shutting down as a monster storm moved through the northeast. JULIO CORTEZ/THE ASSOCIATED PRESS

Storm could paralyze Northeast U.S. for days

Weather. Flights cancelled, government offices closed, shopping lines crammed as people brace for blizzard

More than 35 million people along the Philadelphia-to-Boston corridor rushed to get home and settle in Monday as a fearsome storm swirled in with the potential for hurricane-force winds and one to three feet of snow that could paralyze the Northeast for days.

Snow was blowing sideways with ever-increasing intensity in New York City on Monday as flurries began in Boston. Forecasters said the storm would build into a blizzard, and the brunt of it would hit late Monday and into Tuesday.

As the snow got heavier, much of the region rushed to shut down.

More than 6,500 flights in and out of the Northeast were cancelled, and many of them may not take off again until Wednesday. Schools and businesses let out early, government offices closed and supermarkets were hammered with shoppers stocking up on food.

All too aware that big snowstorms can make or break politicians, governors and mayors moved quickly to declare emergencies and order the shutdown of streets and highways to prevent travellers from getting stranded and to enable plows and emergency vehicles to get through.

Boston was expected to get two to three feet of snow, New York one and a half to two and Philadelphia more than a foot.

The National Weather Service issued a blizzard warning for a 400-kilometre swath of the region, meaning heavy, blowing snow and potential whiteout conditions. Forecasters warned that the wind could gust to 120 km/h or more along the Massachusetts coast and up 80 km/h farther inland.

New York City's subways and buses planned to shut down completely by 11 p.m., and commuter railroads across the Northeast also announced plans to stop running overnight. Most flights were cancelled out of the region's major airports.

Authorities banned travel on all streets and highways in New York City and Long Island and warned that violators could be fined $300. Even food deliveries were off-limits on the streets of takeout-friendly Manhattan.

"We learned the lesson the hard way," said New York Gov. Andrew Cuomo, referring to instances in which motorists got stranded in the snow for 24 hours or more.

Shopping-cart gridlock descended on Fairway, the gourmet grocery on Manhattan's Upper West Side. The meat shelves were all but bare as customers shoved past each other. Outside on Broadway, the checkout line stretched for a block as the wind and snow picked up. Store employees said it was busier than Christmastime.

In yet another possible sign that people were hunkering down at home, Fresh Direct, a grocery delivery service in the Northeast, said it had seen a rise in orders for "movie-day" snacks such as microwave popcorn and chocolate-chip cookies.

Utility companies across the region put additional crews on standby to deal with anticipated power outages from high winds.

The storm interrupted jury selection in the Boston Marathon bombing case and forced a postponement in opening statements in the murder trial of former NFL star Aaron Hernandez in Fall River, Mass.

The Super Bowl-bound New England Patriots got out of town just in time, leaving from Logan Airport around midday for Phoenix. THE ASSOCIATED PRESS

Quoted

"This will most likely be one of the largest blizzards in the history of New York City."

New York Mayor Bill de Blasio

Details

- **Entertainment:** Broadway theatres were shuttering as the snowstorm blasted Times Square. The Broadway League said all plays and musicals would be closed on Monday. No firm decision about Tuesday had been made.
- **Flights:** Airline travellers were going nowhere fast because of the blizzard bearing down on the Northeast. By mid-afternoon Monday, about 6,500 U.S. flights through Tuesday had already been scrubbed, according to tracking service FlightAware.com. Around 1,700 flights had also been delayed. Cancellations and delays are likely to spill over into Wednesday.
- **Other transportation:** Those wanting a ride home from car service Uber during the snowstorm on Monday had to expect to pay more than the usual fare. In New York City, surge pricing was to be capped at 2.8 times the normal fare. The company is also planning to donate proceeds to the American Red Cross.

Creditors hint at Greece deal

Bailout. Eurozone leaders open to dialogue on debt issues after radical left-wing party win

The election in Greece of a radical party that wants to overhaul the country's bailout program raises new uncertainties for the eurozone.

Financial markets took in their stride on Monday the victory of the left-wing Syriza party after several leaders in the 19-country eurozone suggested they were open to discussing how to lighten Greece's debt burden. The country has since 2010 needed 240 billion euros (about $337 billion) in loans from fellow eurozone countries and the International Monetary Fund to avoid bankruptcy.

The talks are expected to be tough and protracted, however, as regional heavyweight Germany has so far taken a hard line on debt in Europe.

Syriza is calling on the eurozone to ease the spending cuts and tax increases required in Greece's bailout program and lighten the country's rescue loans. The debt is at a level many economists think is unsustainable.

A tough stance by either side could, some fear, cause Greece to fall out of the euro, a development that could cause huge turmoil for Europe and the currency union.

Syriza leader Alexis Tsipras joined with the small right-wing Independent Greeks party, united mostly in their opposition to the austerity measures imposed by the other eurozone nations in exchange for the loans.

The tough spending cuts and tax hikes were meant to reduce debt but have also put the economy through a depression, causing unemployment and poverty to surge.

THE ASSOCIATED PRESS

Industry fights to reverse sour attitude towards milk

A grocery store employee stocks dairy products in Denver. As Americans continue turning away from milk, an industry group is pushing back at its critics with a "Get Real" social media campaign launching Tuesday trumpeting the benefits of milk. Milk's wholesome image is being muddied by diet trends and divergent attitudes about nutrition. The Milk Processor Education Program, which represents milk companies, says the breaking point came last year when a study suggested drinking lots of milk could lead to earlier deaths and higher incidents of fractures.

THE ASSOCIATED PRESS FILE

FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (10 LEVELS)

April 14 to July 4, 2015

Evenings: 6 pm to 9 pm (10 Levels)

Saturdays: 9am to noon (7 Levels)

ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

April 14 to July 4, 2015

Evenings: 6 pm to 9 pm (6 Levels)

NEW! Saturdays: 9 am to noon

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (6 LEVELS)

February 17 to March 13, 2015

Levels 1, 3 and 5: 9am to noon

Levels 2, 4 and 6: 12:30 to 3:30pm

March 23 to April 17, 2015

Levels 1, 3 and 5: 12:30 to 3:30pm

Levels 2, 4 and 6: 9am to noon

FEES: $35.00

(Immigrants, new Canadians, Refugees whose language is not English.)

Ontario

CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST

Le meilleur conseil qu'on puisse vous donner

Éducation Permanente 181 Donald St., Ottawa

Tel. 613-741-2304 ext. 3; Fax 613-741-2191

www.educationpermanente.ca

ép EDUCATION PERMANENTE

Faulty switches. 50 deaths eligible for compensation

With only five days left before the deadline to seek payments, compensation expert Kenneth Feinberg has decided that 50 death cases are eligible for money due to crashes caused by faulty General Motors ignition switches.

Feinberg, who was hired by the automaker to handle death and injury claims, released new totals on Monday. The deputy administrator of the compensation fund says she expects a flurry of claims before Saturday's deadline, and she also expects the number of deaths and injuries to rise.

Feinberg, in an Internet posting, determined as of Friday that the families of 50 people killed and 75 people injured are eligible for payments. The fund has received 338 death claims and 2,730 claims for injuries. Of those, 58 death claims have been rejected as ineligible for compensation, as have 328 injury claims. Feinberg is either reviewing or awaiting documentation on 230 additional death claims and 2,327 injury cases.

Last year the company set aside $400 million US to make payments, but conceded that could grow to $600 million US. The company's chief financial officer told analysts earlier this month that those numbers have not changed. Compensation for deaths starts at $1 million US.

Feinberg is among the nation's most prominent compensation experts. He previously handled payments to victims of the 9/11 terrorist attacks and the BP oil spill.

Feinberg has promised to decide the claims within 90 to 180 days from when he determines they are substantially complete. His law firm expects to continue working on claims through the spring, and perhaps into summer.

THE ASSOCIATED PRESS

Recall

General Motors was aware of faulty ignition switches on Chevrolet Cobalts and other small cars for more than a decade, but it didn't recall them until 2014.

- On 2.6 million of the cars worldwide, the switches can slip out of the "on" position, causing the cars to stall, knocking out power steering and turning off the airbags.

Jobs

IBM denies report of 100,000 layoffs

Calling it "ridiculous" and "baseless," IBM on Monday dismissed a report that said it plans to lay off one in four of its workers, or 100,000 people. The company "flatly denies" the Forbes report, IBM spokesman Ian Colley said.

IBM previously has announced layoffs affecting "several thousand people," only "a small fraction" of the number predicted last week by a blogger on Forbes.com, IBM said in a statement.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 80.23¢ (-0.26¢)

TSX 14,797.83 (+18.48)

OIL $45.15 US (-44¢)

GOLD $1,279.40 US (-$13.20)

Natural gas: $2.881 US (-10.5¢)
Dow Jones: 17,678.70 (+6.10)

VOICES

WALK THE WALK

Setting up a group where parents take turns walking kids to school could go a long way towards helping our kids get exercise

YOUR RIDE
Kathryn Hunt

It's pretty hard to argue with the idea that it's good for children to get as much exercise and fresh air as possible.

And it's pretty hard to deny that one easy way to do that would be for them to walk to school.

But it seems as though, more and more, parents just aren't comfortable with letting their kids walk to school alone.

Every school has a "walk zone" around it, where the school buses don't stop.

It's generally about a kilometre and a half around the school, and the idea is that children living in that area are close enough to walk.

But when I asked Vicky Kyriaco, general manager of the Ottawa Student Transportation Authority, about it, she said, "We found that most of the parents in that zone were driving their kids to school."

It seems as if walking has been forgotten about as a means of getting around: We default to the car, even for short trips.

But it's the cheapest and simplest form of transportation there is. And it's good for you.

According to OSTA, kids need at least 60 minutes of activity a day — not just to get exercise now, but to develop healthy habits for the future.

Natasha Bryce, left, and her son Maxwell join other students and Dr. Isra Levy, Ottawa's medical officer of health, in a "walking school bus," on their way to Woodroffe Avenue Public School. CONTRIBUTED/OTTAWA PUBLIC HEALTH

Kids that walk to school even have better concentration.

Starting last September, a half-dozen schools in both school boards signed on to have a paid guide, something like a crossing guard, walk a set route through the neighbourhood around the school, picking up students along the way.

"If parents see that kids actually can walk, maybe they will consider it as an option even if they're not using the walking school bus," Kyriaco said.

She hopes that parents will consider walking their kids to school themselves, or join forces: Most walking school buses, across the country, are organized among neighbours, with parents taking turns to walk with the children.

It can be as informal as a couple of families taking turns, or as organized as the OSTA's pilot project. (There are some tips for getting your neighbourhood walking at walkingschoolbus.org.)

Kyriaco said that cold weather isn't a problem. "Just make sure that their skin's not exposed to the cold air, on really cold days," she said, and added that dry clothing is a must.

"Get the boots onto the radiators, hang the mittens up overnight to be sure they're dry, and you're good to go."

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
ottawa@metronews.ca

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

Dal whistleblower deserves gratitude, not condemnation

STEPHEN KIMBER
readers@metronews.ca

In defense of Millet

He could have looked the other way in the face of the offensive posts, or quietly left the group without sharing what he knew. Instead, he provided one of the victims with information that allowed her to choose how to respond.

The irony is we might not know to be outraged if not for a man many of us are outraged at. We have a complicated relationship with those who blow whistles on bad behaviour: Think Edward Snowden, Chelsea Manning and, now, Ryan Millet.

Millet, a 29-year-old fourth-year Dalhousie University dental student, was one of 13 members of the infamous Facebook group "Class of DDS 2015 Gentlemen." Millet claims someone added his name when he began dentistry in 2011 and he was more a lurker and occasional "liker" than an active participant.

Some posts were a "little over the top," he conceded in a Jan. 17 interview with the Halifax Chronicle-Herald. But, except for one offensive post (which he successfully asked Facebook to delete), he says most conversations — from taunts about favourite football teams to links to YouTube videos — were standard social-media fare.

That changed on Dec. 6, 2014, when one member posted a poll inviting the others to vote on which of two female classmates they'd prefer to "hate f—." Several voted.

Shocked, Millet showed the post to one of the women and eventually gave her his Facebook login so she could document what he calls a "targeted, hateful, sexualized, violent attack" and complain to the university.

Three days later, on Dec. 15, the story went public, then viral.

More than 50,000 people signed an online petition demanding Dalhousie expel all the "Gentlemen," including Millet (who had left the group and deleted his Facebook account after providing the login information).

The university has since segregated all 13 from their peers. They're indefinitely suspended from performing clinical work, which they must complete to graduate.

Millet appealed, pleading his case before the dental school's academic standards committee. (That hearing will resume Wednesday.)

Should Millet be suspended? Or thanked? His social-media and newspaper-comment-section critics — and they're legion — argue he should never have joined the group, quit sooner, spoken up earlier, not "lawyered up" and is only coming forward now to save his professional future. Maybe. But, based on what we know — it's worth noting that what we know so far comes mainly from Millet's lawyer — I believe Millet deserves our gratitude. He could have looked the other way in the face of the offensive posts or quietly left the group without sharing what he knew. Instead, he provided one of the victims with information that allowed her to choose how to respond.

And ultimately forced the rest of us to confront important, difficult issues. Including how we see those who blow whistles.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and broadcaster.

metro

Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Vice-President & Editor-in-Chief, Metro English Canada** Cathrin Bradbury • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, Features** Amber Shortt • **Managing Editor, Canada, World, Business** Matt LaForge • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Ian Clark • **Distribution Manager** Joel Orlik • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Carolyn Sadler • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Emma Watson ALL PHOTOS: GETTY IMAGES

Another one for the books: Emma to star as Disney's Belle

What with all the speeches at the United Nations and Davos about feminism, you might have thought Emma Watson was not that interested in acting anymore. You would be wrong.

Walt Disney Studios confirms that the Harry Potter alum will star as Belle in its upcoming live-action adaptation of Beauty and the Beast, directed by Dreamgirls director Bill Condon.

And honestly, given her public persona, if she was going to play any Disney princess this is the right one, given Belle's book smarts and independence.

So, just so everyone's clear: Emma Watson, still a burgeoning feminist icon, but also a Disney princess. Hey, I wonder if they're planning to address any of the glaring plot holes in this version?

Go figure. Ariel Winter throws everyone a curve on the red carpet

Modern Family star Ariel Winter, a 16-year-old actress, hit the red carpet for the SAG Awards this weekend in a very lovely white gown. But in red carpet reports from outlets such as InTouch, E! News, Us Weekly and elsewhere, the focus was noticeably on how much Winter has, ahem, grown. Now, I'm no prude, but this just feels kind of gross, guys. Winter, by the way, turns 17 later this week, if you're looking for some way to feel slightly better about obsessing over a teenager's rack.

Ariel Winter

Kate Middleton

Aussie mag totally blows its cover on Kate

Maybe it's the result of some barely concealed commonwealth resentment toward the Crown, but an Australian women's magazine — creatively named Women's Day — took some startling liberties with the old Photoshop for its cover photo of universally acknowledged beautiful person Kate Middleton. I guess they decided she wasn't wearing enough makeup? Or she wasn't just plain terrifying enough?

Because the results — yikes!

Mark Ruffalo tweets his SAG Awards acceptance speech

Mark Ruffalo

Avengers star Mark Ruffalo was honoured Sunday night by the Screen Actors Guild for his work in the HBO movie The Normal Heart, earning the outstanding performance by a male actor in a miniseries or television movie award.

Only he wasn't there to accept it, as viewers know. Instead, Ruffalo was home in New York where, as co-star Julia Roberts joked, he was "waiting for that Nor'easter."

Actually, Ruffalo is busy filming the sequel to Now You See Me. But he did express his thanks with a groggy Instagram shot.

"Upon waking and hearing from my wife and kids that I won a [SAG Award] for [The Normal Heart.] Love win tonight," he wrote.

And on Twitter, he offered his full acceptance speech: "Special thank you to all my brother and sister actors for this incredible distinction. It's really the one that matters."

He then went on to thank a slew of reps and publicists, as well as his wife and kids.

Who knows, maybe social media acceptance speeches are the future.

At least no one would get played off.

Um, someone forgot to spell out D-I-V-O-R-C-E to Dempsey

Patrick Dempsey

Late last week, Grey's Anatomy star Patrick Dempsey's wife, Jillian Fink, filed for divorce, ending their 15-year marriage.

And while his decision to skip out on some autograph sessions at this weekend's IMSA racing event at the Daytona International Speedway suggests he's grappling with the news, photos from the race itself show Dempsey still sporting his wedding ring.

Maybe it's just force of habit?

Songz isn't shy about success, he just gets better and better

Concerts. We chat with the smooth-talking R&B singer days before he sets out for his Between The Sheets tour with Chris Brown

EMILY LAURENCE
Metro News in New York City

Trey Songz says his secret with the ladies is just "being genuine" with them. CONTRIBUTED

Trey Songz's new single may be called Slow Motion, but it's clear he lives life in the fast lane.

Steadily releasing a new album every two years with A-list collaborations (Trigga boasts hits with Nicki Minaj, Juicy J. and Young Jeezy), his latest debuted at the top of the Billboard 200 list. He also has an endorsement deal with SX Liquors and is gearing up to tour with Chris Brown for their Between The Sheets tour.

We talk to him about his latest successes, plus how he manages to be so damn smooth with the ladies.

Why he says Trigga is his best album yet

Songz isn't shy about his success. He says that, with each album, he just gets better and better. "I've grown throughout the years and have become so seasoned, understanding what I mean to R&B music, hip-hop and pop-culture," he tells us. "The music industry is very single driven, so to have a full body of work that I'm very proud of is something I love."

His tip for always getting the girl

One listen to tracks like Touchin, Lovin or All We Do shows that Songz doesn't struggle with leaving the club alone. But he says his secret isn't using fame or bottle service, it's being genuine and honest. "It's not about when you're out. It's about when you're talking to a woman and not having it be about anything else except that woman in that moment. Being genuine is going to get you there."

His thoughts on breakups

Not all Songz's hits are about one-night stands. What's Best For You is about moving on after a breakup, which is one of the more sensitive songs on Trigga. He doesn't seem to dwell on being broken-hearted. "It's quite simple," he tells us. "A breakup is about separating yourself from somebody, so you need to focus on bettering yourself. Life isn't about getting hung up on moments, it's about making moments."

On touring with Chris Brown

Chris Brown has been hyping up his Between The Sheets tour on Twitter and Instagram for months, and Songz shares the excitement, saying to expect a high-energy show. "Have you seen Chris perform? That's reason enough to go. It's going to be great."

Music

In the 1970s, size really did matter

SOUND CHECK
Alan Cross
scene@metronews.ca

I remember the day I bought my first stereo system. With $500 from my first job, I begged my dad to take my 14-year-old self to buy it.

Having devoured magazines like Stereo Review and the annual Radio Shack catalogue, I'd finally decided on what I needed. And despite my parents' begging that I spend my money on something more sensible, I would not be dissuaded. I wanted, needed, a stereo for my bedroom.

These electronics infected me with the audiophile bug, the beginning of an expensive obsession for sound that was bigger, louder and more accurate. Worst of all was the snipe hunt for the best speakers.

If you grew up in the '70s, you know exactly what I'm talking about. We used our stereos as a way of proclaiming our identity to the world.

Before iPhone docks, there was the stereo speaker. ISTOCK

Back then, music was everything to us.

I don't mean to diminish anyone's love of music today, but you have to understand that we didn't have smartphones, Facebook, Twitter, Instagram, Pinterest, Snapchat, texting, DVRs, computer games, gaming consoles, email, DVDs, Netflix, satellite radio, iTunes, Spotify, Rdio or 500-plus cable TV channels. Plenty of kids didn't even have a local FM rock station. What we had, though, was our stereos.

We bought lots and lots of records. And many of us spent crazy sums on our stereo systems, especially on speakers.

But when the Walkman and boom boxes came along, things began to change. And when we got into the mid-'90s and the home-theatre revolution, people became distracted from old-school, two-channel stereo systems.

Today, far too many people are satisfied with the sound they get from cheap earbuds, tiny Bluetooth units and even laptop speakers. I wish they could experience music like we did.

Now if you'll excuse me, I have to yell at some kids who are on my lawn.

New Kids have a few things to teach today's new kids

Boy bands. Success is all about connecting with fans, advise the veteran performers as they head out on tour

The New Kids on the Block may be aging, but they still think they can school today's hot boy bands.

The Boston-based veteran group, which announced a summer tour with TLC and Nelly last week, said contemporary boy bands should check out their live concerts to learn from the experts.

"As far as boy bands, you know, we dance, we perform. I hate to sound like an old fogey, but these kids don't know what they're missing nowadays, because we got to sing and dance for our supper, you know what I mean, and we love to do that," Joey McIntyre, 42, said in an interview at Madison Square Garden in New York City.

"So maybe a few kids could come to the show and see how it's done."

The Main Event tour kicks off May 1 in Las Vegas. Tickets go on sale Jan. 31.

In the past few years, boy bands have resurged, with One Direction leading the pack, followed by 5 Seconds of Summer. Others, from The Wanted to Mindless Behavior, have had some success.

Donnie Wahlberg, 45, said the decades-long bond between New Kids and their fans makes it worthwhile.

"I would rather have the credibility of thousands of fans and have them be happy. That's what we've learned and that's why we're still here," he said.

Wahlberg and McIntyre, along with bandmates Danny Wood and brothers Jordan and Jonathan Knight, began playing together more than 30 years ago. They said they're excited to share a stage with one of the top-selling female groups of all-time and the multi-platinum Nelly.

THE ASSOCIATED PRESS

New Kids On The Block will join TLC and Nelly on a North American tour this summer. THE ASSOCIATED PRESS

Skip that detox or cleanse

Nutrition. Try eating clean instead of 'flushing your system'

While the thought of starting a detox or cleanse could be appealing, it might not have the desired effect.

The idea that you can flush impurities out of your system by cleansing it with juices or tablets is eschewed by registered dietitian Zannat Reza.

Many detoxes are simply low-calorie potions or juice cleanses. "Like, what are you getting there? Not much of anything," she says. "Definitely not calories, not enough nutrients, no probiotics."

In fact, the result can be dehydration, headaches, dizziness, nausea, vomiting and lack of energy. Harmful effects include low blood sugar, low or high blood pressure, detrimental interaction with medications, and vitamin and mineral deficiencies, Reza says, citing research from organizations including Dietitians of Canada and the Mayo Clinic.

"And for people who are looking to lose weight, what it does is it actually slows down your metabolism, so your body thinks it's starving. Slowing down your metabolism really is not the smartest thing to do to lose weight," she says.

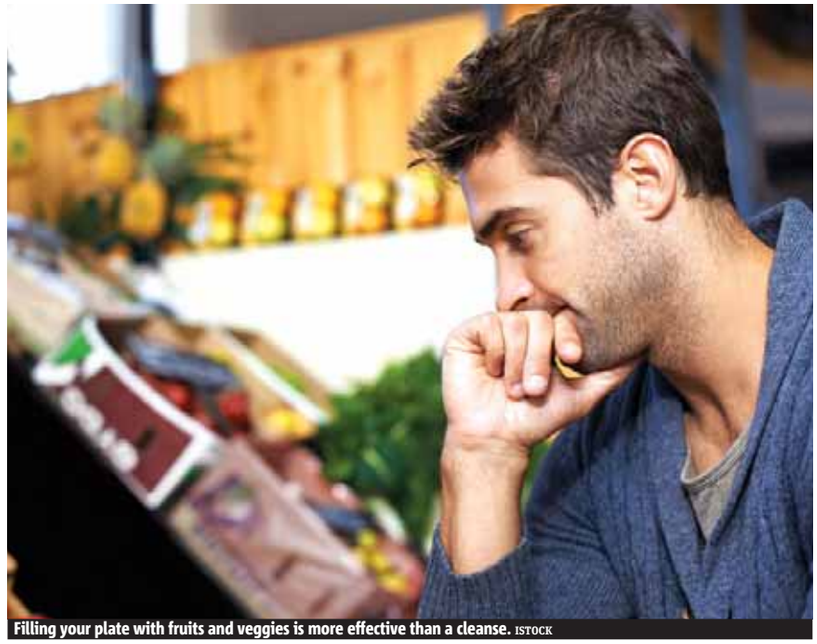
Instead, the Toronto dietitian suggests "clean eating," with a focus on fruits and vegetables, whole grains and lean proteins, which will also help boost the immune system, especially at this time of year when cold and flu bugs are rampant. But healthy food is only one piece of the puzzle. It's also important to get enough sleep, exercise and wash hands well in warm soapy water.

Most Canadians don't eat enough fruits and vegetables. The recommendation is to fill the plate with fruits and vegetables at every meal and snack.

Whole grains supply B vitamins and folate. Those with celiac disease or an intolerance to gluten can consume whole grains that don't contain the protein composite in brown, black and wild rice, amaranth, buckwheat, millet and teff and seeds like quinoa.

Vitamin D is added to milk, soy and rice beverages, orange juice and margarine and is also found in salmon and sardines, egg yolks and fortified yogurts.

"Because it's wintertime one of the recommendations is to take a vitamin D supplement just because we don't get enough sunlight and our skin doesn't get enough exposure to make vitamin D in the winter months," Reza says. THE CANADIAN PRESS



Filling your plate with fruits and veggies is more effective than a cleanse. ISTOCK

Plant-Power Soup With Kimchee

This antioxidant-packed soup is chock-full of cancer-fighting vegetables. You're also getting a wallop of vitamins A and C, both needed to boost your immune system.

1. In pot, heat canola oil over medium heat. Cook onion 3 mins. until it starts to soften.

2. Add garlic, broccoli, cauliflower, carrots. Cook 5 mins. until broccoli bright green.

3. Add curry powder, broth and salt. Bring to boil. Cover and simmer 20 minutes until vegetables are tender.

4. Blend veg mix using handheld immersion blender. Stir in milk. Ladle into bowls and garnish with kimchee.

- 15 ml (1 tbsp) canola oil
- 1 medium onion, diced
- 15 ml (1 tbsp) minced garlic
- 500 ml (2 cups) each broccoli and cauliflower florets; diced carrots
- 2 ml (1/2 tsp) curry powder
- 1 carton (900 ml) no-salt chicken broth
- 2 ml (1/2 tsp) salt
- 250 ml (1 cup) milk
- Kimchee, for garnish (15 ml/1 tbsp per serving)

Hearty Chicken Noodle Soup With Turmeric

Turmeric, an anti-inflammatory, can help boost your immune system.

1. In pot, heat canola oil over medium heat. Brown chicken, about 5 minutes, and remove to a bowl.

2. Add onion, garlic, ginger, carrots, mushrooms, celery and seasonings to pot. Cook 4 minutes. Add broth and bring to boil. Return chicken to pot. Add egg noodles and lentils. Cover and simmer for 15 minutes. Remove from heat and stir in lemon juice.

- 15 ml (1 tbsp) canola oil
- 6 to 8 chicken thighs, cut into chunks
- 1 medium onion, diced
- 30 ml (2 tbsp) minced garlic
- 15 ml (1 tbsp) minced ginger
- 500 ml (2 cups) sliced carrots (quarter lengthwise and slice); sliced mushrooms
- 250 ml (1 cup) sliced celery
- 5 ml (1 tsp) ground coriander
- 2 ml (1/2 tsp) turmeric
- 5 ml (1 tsp) salt (adjust to taste)
- 1 ml (1/4 tsp) black pepper
- 1 ml (1/4 tsp) cayenne
- 2 cartons (each 900 ml) no-salt chicken broth
- 500 ml (2 cups) egg noodles
- 1 can (540 ml/19 oz) lentils
- 50 ml (1/4 cup) lemon juice

CENTRE DENTAIRE RIDEAU DENTAL CENTRE
613-230-7475
2nd Level
Rideau Centre

STRESS FREE AND CARING DENTISTRY
NOW ACCEPTING NEW PATIENTS
Aesthetic, Implant & Family Dentistry Since 1983
Check out our weekly blog at **www.rideaudental.ca**
THIS WEEK: ***Come Relax in the Dental Chair!***

Everyone's entitled to YOUR opinion.
Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.
Sign up at www.Metronews.ca/panel metro

Fighting pesky cold, flu myths

Viruses. Can you catch the flu by going out in the cold? Should you feed a cold or starve a fever?

JACLYN TERSIGNI
For Metro

There are plenty of myths surrounding the common cold and the flu. Don't get caught up with these falsehoods as you enjoy the winter. SHUTTERSTOCK

The flu and colds may be the hottest topics around the water cooler this time of year, but a lot of what is being said is not always factual.

Here are some popular beliefs about the viruses and the truth behind them.

Feed a cold, starve a fever

False. You may find you have less of an appetite when you are sick with a common cold or with the flu, but proper nutrition is important and hydration is key.

"I'm not sure where that came from, but it is a myth," said Dr. Mary Vearncombe, medical director of infection prevention and control at Sunnybrook Health Sciences Centre.

"Hydration is really important to treat influenza and many other infectious illnesses. You really do need to keep your hydration levels up."

You can catch the flu from receiving the vaccination

False. "That's a common one and it's not true," said Dr. Irene Armstrong, associate medical officer of health at Toronto Public Health. "There are two different kinds of flu vaccinations that we give. Most people get the injection, which is made from pieces of the deadened virus."

You can treat the flu with antibiotics

False. The flu is a viral infection, not a bacterial one. Over-the-counter products can help lessen symptoms and antiviral products may help with the length of the sickness.

You can catch the flu from going out in the cold

False. "You catch the flu from someone who has the flu. You don't get it through the air, it's not airborne," Vearncombe said. "Flu circulates during the winter, when people are going out in the cold. People make that association. But association is not causation. You have to have direct or indirect contact with someone who is sick."

FEEL LIKE A COMPLETE MESS?
THERE'S A COMPLETE SOLUTION.
INTRODUCING
VICKS DayQuil & NyQuil COMPLETE
NEW!
DayQuil COMPLETE
COLD & FLU Caplets
RHUME ET GRIPPE Comprimés
NyQuil COMPLETE
ALL IN ONE RELIEF FOR YOUR TOUGHEST COLD & FLU SYMPTOMS
*To ensure this product is right for you always read and follow the label. Keep all medicines out of the reach of children. Vicks® DayQuil™ COMPLETE™ relieves nasal congestion, nasal pain, sinus congestion, sinus pain, chest congestion, cough due to minor throat & bronchial irritation, sore throat pain, headache, minor aches & pains, fever, thins & loosens mucus and relieves cough with phlegm. Vicks® NyQuil™ COMPLETE™ relieves nasal congestion, sinus congestion, sinus pressure, cough due to cold, minor aches & pains, headache, fever, sore throat pain, runny nose, and sneezing.
© Procter & Gamble, Inc. 2015.
PHC-13942

What's going on inside your body?

JACQUELINE KOVACS
For Metro

You may have a cold or the flu but not know it. That's because it can take hours to days before the associated miserable symptoms take their nasty hold, says Bryce Wylde, associate medical director of Toronto's P3 Health and host of TV's Wylde on Health.

Here is the inside scoop on what happens to your body when a cold or flu virus invades.

The virus finds its way in

"Whether it's a cold or flu virus, they are spread by droplets when people sneeze, cough, share a drink or by direct contact," said Wylde, explaining that both viruses ride on people's mucus secretions. "You are viral many hours to days before you express symptoms."

The attack begins

"Whether it's cold or flu, the virus hijacks the cells in our upper respiratory tract," Wylde said. But while a cold virus will primarily affect the nose and throat without actually killing the cells, a flu virus will often go deep into the lower part of the lungs and kill certain tissues.

Your body defends itself

"The immune system responds by signalling what are called inflammatory proteins, known technically as cytokines," Wylde said. "This is sort of like the generals in charge of your immune system yelling out to the troops, 'Attack, that thing is foreign.'"

And the action of cytokines is what causes you to start producing mucus, develop a fever, aches, pain, perhaps nausea and diarrhea — all in an effort to rid your body of the attacking flu virus. Milder in a cold, the immune defence reaction tends to be a runny nose and cough, but the goal is the same — eliminating the virus from the body.

It can take hours to days before the associated miserable symptoms of a cold or flu take their hold. SHUTTERSTOCK

"Colds can have so many different symptoms," Wylde said. "But with flu, which is more serious, what almost always happens is fever and a bad cough, as well as aches, pains and mucus secretion. Usually with a cold, you don't get a fever unless you're an infant."

You adjust your behaviour

You feel lousy — achy, tired, maybe nauseous, and you head to bed for badly needed rest. And that's just what you should do. "Recognize that sleep is the body's opportunity to heal itself," said Dr. Lisa Graves, chief of the department of family and community medicine for Toronto's St. Michael's Hospital. "Often, the messaging we get from our bodies when we're sick is that we're tired and we want to rest. This is one of those times when it can be useful to listen to your body."

And if your body says it's not hungry, Wylde said, that's OK, too.

"Eating causes the digestive system to use a lot of energy and can also distract the immune system."

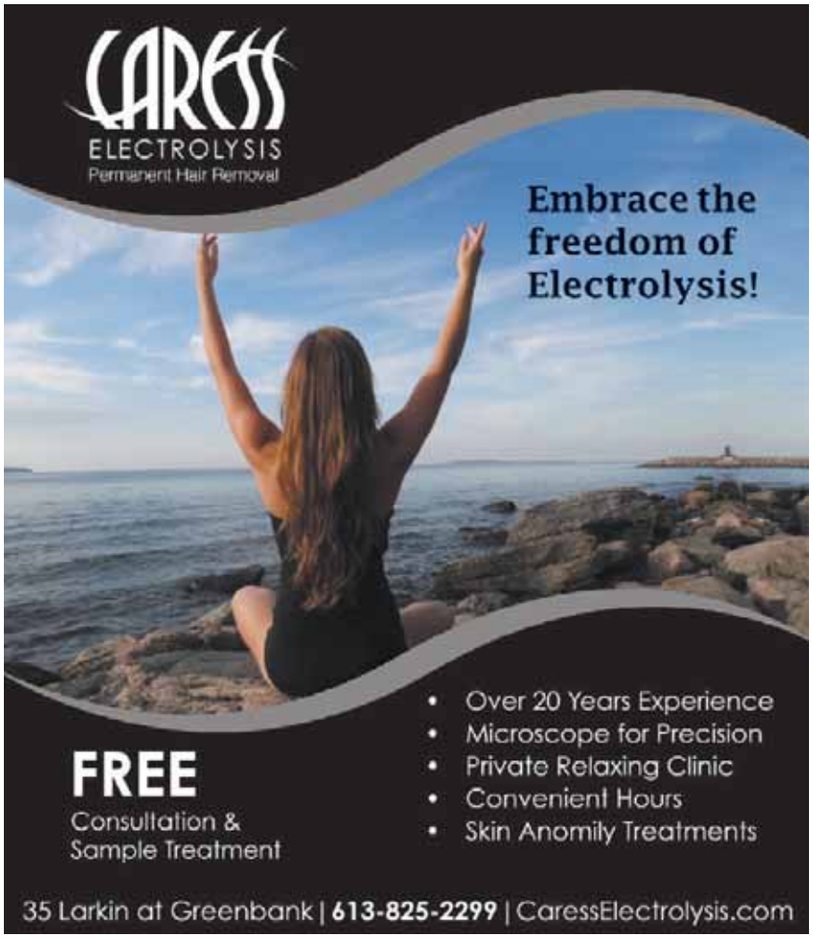
That said, Wylde said staying hydrated by drinking water, green tea, soup and other fluids is essential. Symptoms such as increased mucus flow, vomiting, diarrhea and perspiration means you are losing lots of important fluids.

The worst is over

"Once your fever is starting to come down unaided that's the sort of crossover — you're winning the battle," Wylde said.

"Antibodies are designed by the body to recognize the virus, so as soon as it has invaded other cells, circulating antibodies give the immune system the heads up and they destroy the cell."

Colds, however, can linger because the immune response is less intense since the threat is less deadly, Wylde said. For that reason, too, it's hard to pinpoint when the virus has peaked.



Don't Suffer in Vein!
VARICOSE VEINS
Painful veins on your legs?
Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.
SPIDER VEINS
Spider veins on your legs or face?
Get rid of them with simple injections.
Dr. Lucie Beaupré
Diplomate of the American Board of Venous and Lymphatic Medicine
DR. BEAUPRÉ VEIN/VARICES CLINIQUE
NEWLY EXPANDED!
1335 Carling Avenue, Suite 600
(613) 722-0101
www.drbeaupreveinclinic.com

Meditation. Breathe easier for a healthier you

TINA
ANSON MINE
For Metro

Guided meditation can be used to begin developing a meditation practice, says one expert. SHUTTERSTOCK

Stressed out? You aren't alone.

Statistics Canada reports that in 2013, 23 per cent of Canadians reported feeling "quite a lot" of life stress. To breathe easier, you might want to try meditation, which often begins with guided exercises.

"Guided meditation can be used to begin developing a meditation practice," said Dr. Patricia Rockman, a family physician and director of education and clinical services at the Centre for Mindfulness Studies in Toronto.

A practitioner guides you through the meditation, telling you to breathe, to pay attention to specific feelings or body parts, and to quiet your mind.

Some guided meditations use visualization — imagine a calming beach or a reassuring mountain peak — to help people distance themselves from stressful thoughts. In mindfulness-based meditation, which is often used in cognitive behavioural therapy to treat depression and anxiety, "The guidance is used not so much to calm people, as to train them to focus their attention and regulate their emotions," Rockman said.

There are many downloadable guided meditations, but a creative alternative is to record your own so it's perfect for you. All you need is a quiet spot and a recording device, such as the one on your smartphone.

First, decide on the intention of your meditation. Is it stress-busting? Confidence building? Once you have a goal, write the script.

"Use invitational language, language that is kind, language that is focused in the present," Rockman said.

Avoid direct commands. Instead, try phrases like "bringing your attention to your hand."

Second, give yourself some breathing room.

"Make sure there's enough space in between speaking," Rockman said. "This gives people the chance to experience what they're experiencing."

When using DIY-guided meditation, make sure you are comfortable. Increase your meditation time gradually, Rockman said.

Essential oils

- Scents can be powerful allies for meditation. The West Coast Institute of Aromatherapy in Delta, B.C., recommends using whatever essential oils help you focus and enjoy the experience. Use calming lavender or grapefruit oils, or boost your creativity with orange oil. Or try frankincense, which is said to enhance faith.

Café-Lounge, Yoga Studio and Spa
This new, unique trio located in Wellington West Village, offers you an array of rejuvenation services in one central location.
SPA
Manicure/Pedicure, Massages, Facials, Reflexology, Waxing
YOGA
Innovative yoga classes for all levels
NEW
• Tribal Fusion Belly Dancing
• Bowen Therapy
• Laser Treatment & Professional Make-up Application
Mention this ad and get your first Yoga class for $4.
Also get 15% OFF yoga packages.
La Tropiqua
Yoga Nayā Janma
613-695-CALM (2256)
1292 Wellington St. W
latropiqua.ca

SPA JUNKIE
& The Art of STRAIGHT TALK
The Brow Architect is IN and ready to help you fall madly in love with the wow in your brows!
Don't raise that eyebrow at us sister – we get it! Not too thin, right? We will sculpt, tweak and primp those arches to suit you perfectly.
And don't worry – it's never too late to get it right!
SPA JUNKIE
spajunkie.ca
219 Laurier Avenue West · 613-565-4565 · info@spajunkie.ca

Three ways to help fend off those superbugs

TINA ANSON MINE
For Metro

An alphabet soup of antibiotic-resistant organisms — such as MRSA, VRE and NDM-1 — are causing an increasing number of hard-to-treat illnesses across Canada. These superbugs don't respond to the toughest antibiotics, leaving patients at serious risk.

People with compromised immune systems, such as the elderly or people who are taking immunosuppressant drugs, are especially in danger of infections, which can be life-threatening in some cases.

The good news is that there are three common-sense things you can do to fight superbugs.

1 Wash your hands. This is, by far, the most important thing you can do to kill germs, said Donna Perron, an infection control nurse with the Outbreak Management Team at Ottawa Public Health. To be effective, handwashing should take more than one minute to complete. "The soap should be on your hands and lathering for at least 15 seconds," Perron said.

2 Use hand sanitizer. "If your hands are not visibly soiled, the best mechanism for protecting yourself is performing hand hygiene with alcohol-based hand gel," Perron said. Carry a bottle with you and use it before eating or touching your eyes, nose or mouth. Rub a quarter-size dollop all over your hands until they are dry. The most frequently missed spots are between fingers, the thumbs and the backs of the hands.

3 Take antibiotics correctly. When overused, antibiotics clear out all but the strongest, most resistant bacteria in your body, which gives superbugs the opportunity to multiply. Patients and doctors are getting better at limiting antibiotic use to appropriate contexts — for bacterial infections, never viruses — thanks to community education and stewardship programs. "When ordered by a physician, take antibiotics judiciously," Perron said.

Your Personalized Health Solution

"When I came to NutriChem I was in terrible shape. I couldn't focus, I was not happy and I hated myself. Now I feel happy and I am so glad I came to NutriChem. Thank you for giving me my life back."

Peggy, a NutriChem client

Want to start feeling better? We can help

NutriChem is your solution for optimal health. Get the most comprehensive testing available paired with the most detailed consultation you will ever experience! Together, this will result in the creation of your own personalized vitamin and mineral formula.

Visit www.nutrichem.com for more info

NutriChem™
Personalized Health Solutions

NutriChem Compounding Pharmacy & Retail Store
1303 Richmond Road • 613-820-4200
frontstore@nutrichem.com

West-End Clinic
1305 Richmond Road, Suite 204
613-721-3669
clinic@nutrichem.com

East-End Clinic & Retail Store
1185 St. Laurent Boulevard
613-695-5405
stlaurent@nutrichem.com

www.nutrichem.com

Manufacturers create a new vaccine for the coming flu season based on predictions from the World Health Organization on which strains are expected to be circulating the following year. That's why the flu vaccine varies in effectiveness from year to year. SHUTTERSTOCK

Vaccine. Flu virus can vary in effectiveness

VAWN HIMMELSBACH
For Metro

Canadians are getting hit hard with the flu bug this year, and the current vaccine isn't well-matched to fight it.

Each year, manufacturers create a new vaccine for the coming flu season based on predictions from the World Health Organization on which strains are expected to be circulating the following year. That's why the flu vaccine varies in effectiveness from year to year — anywhere from 10 to 90 per cent.

Last year, WHO determined there hadn't been any major changes to influenza viruses around the world, so there weren't any major adjustments to the vaccine.

But a prediction is just that — a prediction.

"The flu vaccine is a very tricky virus," said Dr. Vinita Dubey, associate medical officer of health with the Toronto Public Health's division of communicable diseases. "It has the ability to constantly change itself, and as it changes itself, it makes itself more virulent."

In the first week of this year's flu season, seven of 13 provinces and territories reported widespread activity — the highest levels to date, according to the Public Health Agency of Canada.

But in early reports from the U.S. Centers for Disease Control and Prevention, this year's flu shot is only 23 per cent effective (and could be even less so in Canada).

That's because the most common strain that's circulating this season in North America is H3N2, which isn't well-matched with the current vaccine.

"The reason why it's so complicated is because the flu virus itself is so complicated," Dubey said.

"That's why it makes it so difficult to predict which strain and which type of flu virus will be circulating. Sometimes what goes into making the decision for next year isn't always accurate."

Don't squash those comfort food dreams

Dinner. This stuffed squash dish with a creamy bean filling is healthy but will leave you feeling warm and satisfied

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This stuffed squash recipe makes four servings. THERESA ALBERT

Everything stays in the picture in this high nutrient meal. The seeds get baked separately and become a garnish, the squash skin becomes a bowl and you get fed fast.

Directions

1. Turn oven on to 400 F. Slice squash in half if small or in quarters if large. Scoop seeds onto a piece of foil and stir in half of the oil, breaking up any squash fibres but do not rinse or remove. Place seeds into oven on top shelf. Bake seeds until the squash is cooked (see step 3). Watch and turn periodically and remove if they brown too quickly .

2. Place squash on a plate and microwave for about 10 minutes while you prep the creamy bean filling.

3. In a pot, cook onions over medium heat in a drizzle of oil, stir in garlic and kidney beans. Add herbs and spread. Warm through for 5 or so minutes. Stir in sliced halved tomatoes Turn squash sections into a baking dish and fill with filling, place into oven for 10 minutes. Top squash with seeds.

Ingredients

- 1 large or 2 small acorn squashes
- 1 tbsp extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic
- 28 ounce can kidney beans, drained
- 1 tsp dried thyme
- 1 tsp dried oregano
- ½ cup Greek yogurt herb and garlic spread
- ½ cup cherry tomatoes

Seeds

It's what's inside that counts

Pumpkin seeds aren't just for Halloween anymore. (Or something.) Who writes the headline for a lowly seed that sits inside a squash or pumpkin and often gets scooped and tossed? The truth is that it is a treasure trove of nutrients that are often ignored because you don't know how to handle their slimy mess. Generally speaking, seeds contain all of the nutrients that would become the whole vegetable and then some. That ¼ cup of muck that you throw out has:

- 4 grams of fibre
- Contains 3 grams of protein
- The potential as a great ingredient in salads, soups or pesto sauces in place of nuts
- Tons of vitamin A, C and Zinc. Three nutrients that help boost immunity
- Storable and versatile.

Simply pull them out of your squash (no matter what type) with a large spoon and lay on a sheet of foil. Use the back of a fork to mix in 1-3 teaspoons of olive oil, spices (Italian seasoning, curry powder, chili powder or something else of your liking), bake at 400F for 10-15 minutes, guck included. Any strings and vegetable matter will only add flavour and nutrients as it bakes, no need to rinse or pick through.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Punch up your peppers with goat cheese and mushrooms

This recipe serves six. THE ASSOCIATED PRESS

Here is a version of stuffed peppers with plenty more appeal.

1. Heat the oven to 350 F. Coat a 9-by-9-inch baking dish with cooking spray and set aside.

2. Slice 1/2 inch off the top of each pepper, then scoop out and discard any seeds and ribs. Set aside.

3. In a medium saucepan, combine the rice and chicken broth. Bring to a boil, then reduce to a simmer, cover and cook for 35 to 45 minutes, or until all the broth is absorbed.

4. While the rice cooks, in a large skillet over medium-high melt the butter. Add the mushrooms and season with just a pinch of salt and pepper. Cook until most of the water has been released from the mushroom and has also evaporated, 6 to 8 minutes. Add the shallots, garlic, celery and onion and continue to cook until the onion and celery are tender, another 5 to 6 minutes.

5. In a large bowl, combine the rice, mushroom mixture, chicken, marjoram and goat cheese. Season with salt and black pepper. Spoon the mixture into the peppers and place in the prepared baking dish. Bake for 30 minutes, or until the peppers are tender.

Ingredients

- 6 large red bell peppers
- 1 cup japonica rice
- 2 cups low-sodium chicken broth
- 2 tablespoons butter
- 5 ounces shiitake mushroom caps, thinly sliced
- Kosher salt and ground black pepper
- 1/4 cup chopped shallots
- 3 cloves garlic, minced
- 2 ribs celery, diced
- 1 small yellow onion, diced
- 2 cups chopped or shredded cooked chicken
- 2 tablespoons chopped fresh marjoram or oregano
- 4 oz crumbled goat cheese

THE ASSOCIATED PRESS

Blue-line logjam has some on Boro'd time

THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

When the Ottawa Senators reconvene after the all-star break general manager Bryan Murray and coach Dave Cameron will have interesting decisions to make regarding the club's blue-line.

After suffering a ghastly leg laceration Dec. 29 during a pre-game soccer ritual, Mark Borowiecki is on the verge of returning. His addition will create a domino effect within the Senators roster. To activate Borowiecki, one player has to be moved — for the moment that appears to be Colin Greening. Murray acknowledged in a TSN1200 radio interview last week, failing a last-ditch attempt at a trade, the slumping winger will be placed on waivers.

Though the Kanata native will be welcomed back with open arms, Borowiecki adds to a crowded defensive core.

Last season the Senators carried eight D-men for long stretches. It made for an unhealthy situation. Scratched 27 times, Patrick Wiercioch felt the brunt, while Joe Corvo was dispatched to the American Hockey League.

Where will Borowiecki fit? Marc Methot, recently recovered from injury himself, has reclaimed his regular spot alongside Erik Karlsson. Paired with Methot, the captain's play has improved immensely. Karlsson has four goals in the past four games.

With the advent of Jared Cowen and Cody Ceci becoming an entrenched duo, the most logical opening for Borowiecki is to replace Wiercioch in the lineup — partnering with Eric Gryba. With only four points in 26 games, it is believed Wiercioch is being shopped.

This leads to a pair of dilemmas. Where does that leave Chris Phillips who is only two games shy of tying Daniel Alfredsson's career mark of 1,178? Since taking over from Paul MacLean, Cameron has made the Big Rig a healthy scratch on eight occasions.

Murray will likely ask the 36-year-old if he's open to moving to a Cup contender, but with one-year remaining on his deal, finding a dance partner may be difficult.

The Methot contract negotiation is edging closer to the brink. If an agreement is not reached by the March 2 trade deadline, the potential unrestricted free agent will most certainly become trade fodder. Murray and Methot's agent Mike Liut will be speaking in the next few days, but to this point, both have stuck to their guns.

The Senators aren't willing to lose Methot without bringing something back. However, the Ottawa native may have to drop his asking price slightly if he wants to remain in his hometown.

With Mark Borowiecki, pictured, set to return from a leg injury, expect the Senators to put someone on waivers soon. BRUCE BENNETT/GETTY IMAGES

Closer look at Corsi

Senators defenceman even-strength Corsi leaders

	CE*	CF%**
Erik Karlsson	1943	51.88
Cody Ceci	1333	48.61
Jared Cowen	1191	49.70

*Corsi events = shots + missed shots + blocked shots
**Corsi for percentage = Corsi for / (Corsi for + Corsi against)

STATS COURTESY OF NATURALSTATTRICK.COM

MLB. Jays extend Beeston to end drama for now

After months of speculation, the Toronto Blue Jays announced Monday that longtime president Paul Beeston will be returning for one more year.

Beeston signed a contract extension with the club and plans to retire at the end of the 2015 campaign, team owner Rogers Communications said in a release.

Beeston's contract expired in October, and there was uncertainty about whether or not he would be back, with several media reports claiming the Blue Jays were looking for his replacement. THE CANADIAN PRESS

Quoted

"Make no mistake — we are elated to have Paul continue to lead the team for this season."

Jays chairman Edward Rogers said the team had been in discussions about Paul Beeston's future since his contract ended in October

Soccer. Former TFC player Wiedeman set to join Fury

Former Toronto FC forward Andrew Wiedeman has signed with Ottawa Fury FC of the North American Soccer League.

"Andrew will bring a different dimension to our front line," Fury FC head coach Marc Dos Santos said in a statement Monday. "He's a dynamic player with a great work ethic and he will definitely add something to our offence."

Ottawa opens the 2015 NASL spring season April 4 in Carolina against the RailHawks. THE CANADIAN PRESS

Thirty-six of Andrew Wiedeman's 44 career MLS appearances came with Toronto. GETTY IMAGES FILE

Sports in pictures

1 NBA. Kobe to have surgery

Kobe Bryant will have surgery Wednesday on his torn right rotator cuff, likely ending his 19th season, and possibly his career, with the Lakers. THE ASSOCIATED PRESS

2 NHL. L.A. lets Richards go

The Los Angeles Kings waived Mike Richards on Monday, finally breaking with the veteran centre, says an unnamed source. THE ASSOCIATED PRESS

3 Tennis. Milos ties record

Milos Raonic tied a Canadian record by reaching his third career Grand Slam quarter-final on Monday at the Australian Open. THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Others have confidence in you so you must have confidence in yourself. Get used to playing a bigger role.

♉ Taurus
April 21 - May 21
You may have to do something that does not go down well with loved ones today but you know it must be done and will ignore any criticism that comes your way.

♊ Gemini
May 22 - June 21
You seem to be in two minds which way you should now be heading. The best thing to do is wait until the end of the week when your confidence will return and you are far more likely to make the correct decision.

♋ Cancer
June 22 - July 23
If you let partners take the big decisions today you will benefit both professionally and financially.

♌ Leo
July 24 - Aug. 23
You will get the chance to improve your position today but because your good fortune comes at someone else's expense you may hesitate to take advantage of it.

♍ Virgo
Aug. 24 - Sept. 23
Wherever you go, whatever you do and whoever you deal with rest assured you will be protected, so don't let your imagination run riot.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, moves into the wellbeing area of your chart today, making this the ideal time to take stock of your health and your fitness and decide what changes need to be made.

♏ Scorpio
Oct. 24 - Nov. 22
Think more about your own needs today, especially your creative and romantic desires.

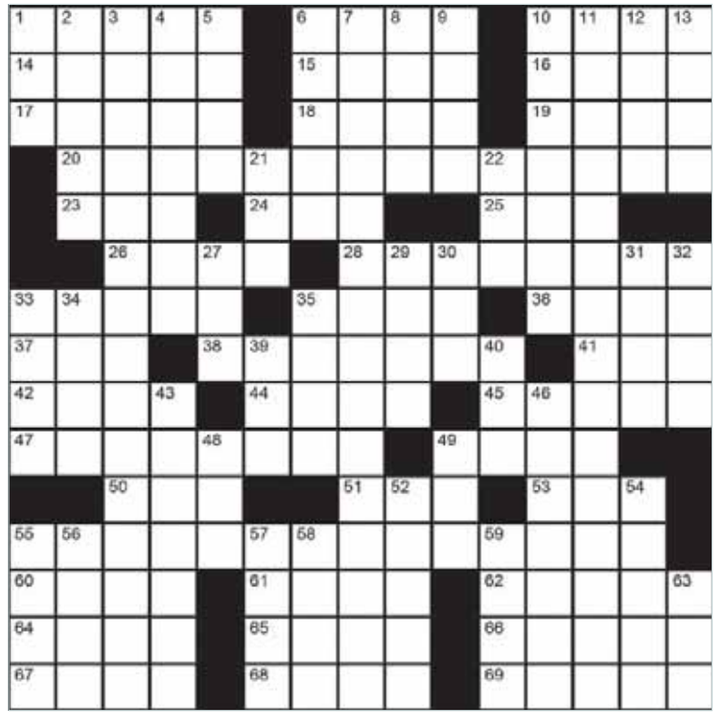
♐ Sagittarius
Nov. 23 - Dec. 21
If you listen to the advice of a well-connected friend you could make some serious money today.

♑ Capricorn
Dec. 22 - Jan. 20
The whole world could be against you now and it would not worry you in the slightest — your confidence is unshakable. Just be careful you don't overdo it and create rivals where none need exist.

♒ Aquarius
Jan. 21 - Feb. 19
You will get more than one opportunity to shine today, and you could make some money too.

♓ Pisces
Feb. 20 - March 20
Venus, planet of harmony, moves into your sign today and almost immediately you will feel a sense of relief. Mentally and emotionally you are far more balanced.

Crossword: Canada Across and Down by Kelly Ann Buchanan



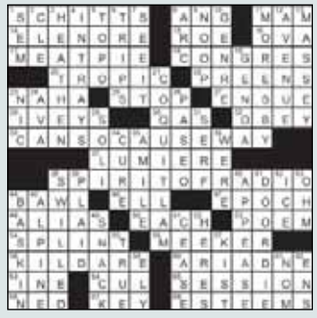
Across

1. "__ __ good bones." (Fixer-upper buyer's observation)
6. Actor Mr. Jannings
10. Silly
14. Like crooner Mr. Martin
15. Court
16. Obi accessory
17. French __ soup
18. __ Minor
19. Letter-writer's second li'l afterthoughts
20. "The Kids in the Hall" alum who created City TV's new comedy "Young Drunk Punk": 2 wds.
23. N. America country
24. US intelligence org.
25. Alley __ (Classic comic strip)
26. Also e-mailed to...
28. Overhauled
33. Held together with a workshop grip, say
35. Army garb, commonly
36. Prefix with 'dynamic'
37. 'Advert' suffix
38. Stoker's sucker
41. Nero's 551
42. "Born Free" (1966) lioness
44. Ailments
45. Stand-up's creations
47. Townsite known as 'Saskatchewan's Playground'
49. Dainty fabric
50. Not 'neath
51. Extinct bird
53. Pavarotti, Carreras e Domingo = I __ Tenori
55. Feathered message deliverers: 2 wds.
60. Q. "1989's 'Batman' ...was that _ __ Burton movie?" A. "Yes."
61. Land
62. Historic weapon
64. Ostrich-like bird
65. Reasonable
66. Ballet outfit material
67. PGA part, puny-ly
68. Civil or Electrical, e.g.
69. County in England

Down

1. Groom's promise: 2 wds.
2. A decade pre-AD, __ _ _
3. Barrettes, as examples: 2 wds.
4. Prevention quantity worth a pound of cure: 2 wds.
5. Bit of Justin T.'s old group
6. Dutch cheeses
7. Makeup application problem: 2 wds.
8. 'Arthr' suffix
9. French for 'the water'
10. Course completer's certificate
11. Movie munchies spoilers: 2 wds.
12. Richie's mom to Fonzie, __. _
13. Nonsense
21. Last gasp
22. Mauna __ (Hawaiian volcano)
27. Actor Mr. Byrnes
29. Flightless flappers
30. Book serial abbr.
31. __ Stanley Gardner (Detective novelist)
32. Two, in Portugal
33. Look
34. Ms. Fisher
35. LL Cool J's "Going Back to __"
39. Belonging to Providence's li'l state
40. 1977 Steely Dan album
43. Sweden-born/Canada-raised actress Malin
46. Ocean dweller
48. "__, _ don't know." (Beats me!)
49. Fall behind
52. Rexall Place player
54. Web purchase, say
55. Singer Irene
56. Olympians, e.g.
57. Feminine suffix
58. Reddish-brown
59. Renaissance family name
63. Oscar-winner Mr. Harrison

Yesterday's Crossword

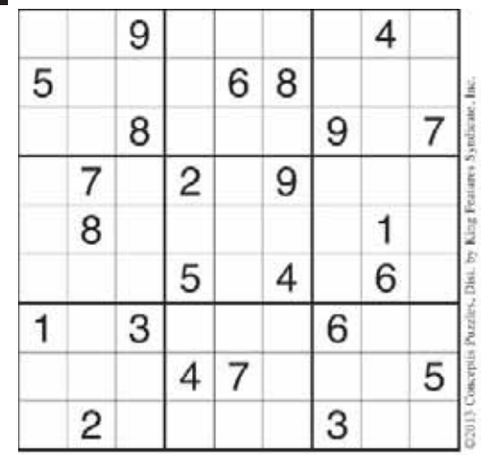


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Yesterday's Sudoku

3	7	2	9	1	6	4	5	8
1	9	8	4	3	5	2	7	6
5	4	6	8	7	2	1	9	3
7	5	4	2	6	3	8	1	9
8	6	3	5	9	1	7	2	4
9	2	1	7	4	8	6	3	5
6	1	9	3	2	4	5	8	7
4	8	7	1	5	9	3	6	2
2	3	5	6	8	7	9	4	1

Your opinion is news to us.

Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.

• Answer short, online surveys • Tell us how we're doing • Every completed survey gives you a chance to win a $25 gift card

Bonus: Sign up and join the panel by January 30, 2015 for a chance to win a $50 gift card

Sign up at www.Metronews.ca/panel

metro

CHEVROLET

TRUCK MONTH

NOW IS THE TIME TO GET GREAT OFFERS ON OUR AWARDED TRUCK LINEUP.

ALL-NEW CHEVROLET COLORADO
2015 MOTOR TREND TRUCK OF THE YEAR®

SILVERADO HD
AWARDED THE "HIGHEST-RANKED LARGE HEAVY-DUTY PICKUP IN INITIAL QUALITY IN THE U.S.♠" BY J.D. POWER

SILVERADO 1500
AWARDED THE LOWEST TOTAL COST OF OWNERSHIP IN ITS CLASS BY VINCENTRIC™♣

2015 SILVERADO 1500 4X4 DOUBLE CAB 1WT

LEASE $149 @ 0%+ WITH YOUR FIRST MONTH'S PAYMENT ON US[1]

BI-WEEKLY FOR 36 MONTHS▼.

$499 DOWN PAYMENT. $0 SECURITY DEPOSIT. INCLUDES FREIGHT, PDI, LEVIES, $4,500 CREDIT♦, $1,000 PDU CREDIT & $1,000 WINTER CASH‡.

OR

0% PURCHASE FINANCING FOR 48 MONTHS‡

NHTSA www.nhtsa.gov♦ Safety
5-STAR OVERALL VEHICLE SCORE FOR SAFETY♦

LONGEST PICKUP POWERTRAIN WARRANTY IN CANADA, 60,000 KM MORE THAN FORD AND RAM▲

Fuel Efficiency 10.6 L/100km hwy
ECOTEC3 ENGINE FOR IMPROVED FUEL EFFICIENCY

4G LTE WI-FI

OR

STEP UP TO A TRUE NORTH EDITION

$4,500	DELIVERY CREDIT
$2,080	CASH CREDIT
$2,420	PACKAGE DISCOUNT
+ $1,000	WINTER CASH

UP TO $10,000 TOTAL VALUE[3]

2015 SILVERADO 1500 DOUBLE CAB TRUE NORTH EDITION

TRUE NORTH

TRUE NORTH EDITION INCLUDES:

MYLINK WITH 4G LTE WI-FI±

REMOTE START

CLASS-EXCLUSIVE AUTOMATIC LOCKING REAR DIFFERENTIAL

REAR VISION CAMERA

AND MORE! SEE CHEVROLET.CA FOR DETAILS

ALL 2015s COME WITH CHEVROLET COMPLETE CARE:

- **2** YEARS/40,000 KM COMPLIMENTARY OIL CHANGES**
- **5** YEARS/160,000 KM POWERTRAIN WARRANTY▲
- **5** YEARS/160,000 KM ROADSIDE ASSISTANCE▲

CHEVROLET

FIND NEW ROADS™ / chevrolet.ca

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 36 month lease for 2015 Chevrolet Silverado 1500 Double Cab 4x4 1WT+G80+B30. Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of $499 and/or $0 security deposit is required. Total obligation is $12,139. Option to purchase at lease end is $17,041. Excess wear and tear and km charges not included. Other lease options available. ♦$4,500 is a manufacturer to dealer delivery credit (tax exclusive) for 2015 Chevrolet Silverado 1500 Double Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. ‡Offer available to qualified retail customers in Canada for vehicles from January 12, 2015 – February 2, 2015. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 48 months on all new or demonstrator 2015 Silverado 1500 Double Cab 1WT. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $40,000 at 0% APR, the monthly payment is $833.33 for 48 months. Cost of borrowing is $0, total obligation is $40,000. Offer is unconditionally interest-free. Freight and air tax ($100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ▼/♦/‡/***Freight & PDI ($1,695), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ♠The Chevrolet Silverado HD received the lowest number of problems per 100 vehicles among large heavy-duty pickups in the proprietary J.D. Power U.S. 2014 Initial Quality Study.℠ Study based on responses from 86,118 new-vehicles owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed February - May 2014. Your experience may vary. Visit jdpower.com. ♣Based on Vincentric 2014 Model Level Analysis of full-size pickups in the Canadian retail market. ±MyLink functionality varies by model. Full functionality requires compatible Bluetooth® and smartphone, and USB connectivity for some devices. Visit onstar.ca for coverage maps, details and system limitations. Services and connectivity may vary by model and conditions. OnStar with 4G LTE connectivity is available on select vehicle models and in select markets. Customers will be able to access OnStar services only if they accept the OnStar User Terms and Privacy Statement (including software terms). OnStar acts as a link to existing emergency service providers. After the trial period (if applicable), an active OnStar service plan is required. ♢Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details. 1Offer valid to eligible retail lessees in Canada who have obtained credit approval by and entered into a lease agreement with GM Financial, and who accept delivery from January 12, 2015 – February 2, 2015 of any new or demonstrator 2015 model year Chevrolet (except 2015MY Chevrolet Colorado ZSA). City Express excluded at outset of program; will be eligible once residuals become available. General Motors of Canada will pay one month's lease payment or two bi-weekly lease payments as defined on the lease agreement (inclusive of taxes). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. PPSA/RDPRM is not due. Consumer may be required to pay Dealer Fees. Insurance, licence and applicable taxes not included. Additional conditions and limitations apply. GM reserves the right to modify or terminate this offer at any time without prior notice. See dealer for details. 2Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickup models delivered in Canada between January 12, 2015 – February 2, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $750 credit available on eligible Chevrolet, Buick and GMC vehicles (except Colorado 2SA, Camaro Z28, Malibu LS, Silverado Light Duty and Heavy Duty, Canyon 2SA, Sierra Light Duty and Heavy Duty); $1,000 credit available on Cadillac vehicles (except 2015 Cadillac Escalade) and $1,000 on all Chevrolet Silverados and GMC Sierras. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. 3$10,000 is a combined total credit consisting of a $4,500 manufacturer to dealer delivery credit (tax exclusive) for 2015 Silverado Light Duty Double Cab, $1,000 Winter Cash (tax inclusive), a $2,420 manufacturer to dealer Option Package Discount Credit (tax exclusive) for 2015 Chevrolet Silverado Light Duty (1500) Double Cab 1LT equipped with a True North Edition and a $2,080 manufacturer to dealer cash credit (tax exclusive) on Silverado Light Duty (1500) Double Cab LS Chrome Edition, LT and LTZ, which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $2,080 credit which will result in higher effective interest rates. Discounts vary by model.